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Visualizing Your Peaceful and Beautiful Place. As you allow your body to and fully relax. Let tension in your lips go In our lives and in our practice, we experience constantly nature Feel yourself in your body, now in Guided Script. Stress is flowing out of you Your body is and Let tension in your brow go.

Guided Relaxation

"Loving Your Body"

Close your eyes and take a deep breath. Let that breath out slowly and fully. Today we are going to learn something important about our amazing bodies.

As you relax more and more, you can feel your entire body getting warm and comfortable. Your mind feels relaxed; your body feels relaxed. All is well.

As you rest in this peaceful state, let your mind drift as you listen to my words.

Think for a moment about your body. No matter the shape or size, your body is magnificent and beautiful. Your body is composed of individual cells, which work together in harmony to keep you at your very best.

Let's think for a moment about your feet. You might have little crooked toes, you might have perfectly straight ones, yet each and every one is perfect in its own way. Your feet and toes help you move and get to where you want to go. Say a little thank you to your amazing feet that carry you places you want to go.

It's very important to keep in mind that you don't need to look like anyone else. You are already the perfect YOU!

We can love and appreciate our bodies exactly as they are. As we get older, we may notice some people complain about their bodies. They forget that all bodies are special and beautiful in their own way.

How boring it would be if everyone looked exactly alike! We are each so wondrously made, and we should always remember to love each and every part of our powerful, amazing bodies - inside and out.

Now consider your strong back and shoulders. They help you lift and move things. They hold you up straight and help you walk tall. It's important to be thankful for your strong back and shoulders for carrying what you need to carry in life.

Think about your arms and hands now. They help you hug the people you love. Thanks to our arms and hands, we can hold the people we care about during happy times and sad times, too. Be thankful to your arms for how strong and beautiful they are, helping you every day.

Finally, think about your beautiful face. There is no other face like yours. People can see your beautiful inner light shining out through your eyes - and even through your smile.

Remember today - and every day - to be very thankful for your marvelous body. It will be with you always, to help you experience life and express yourself in many fantastic ways.

When you're ready and with another deep breath, open your eyes.

You've done a wonderful job relaxing your body and learning to be thankful for it today.

green child magazine

By: Melissa Dormoy of Shambala Kids

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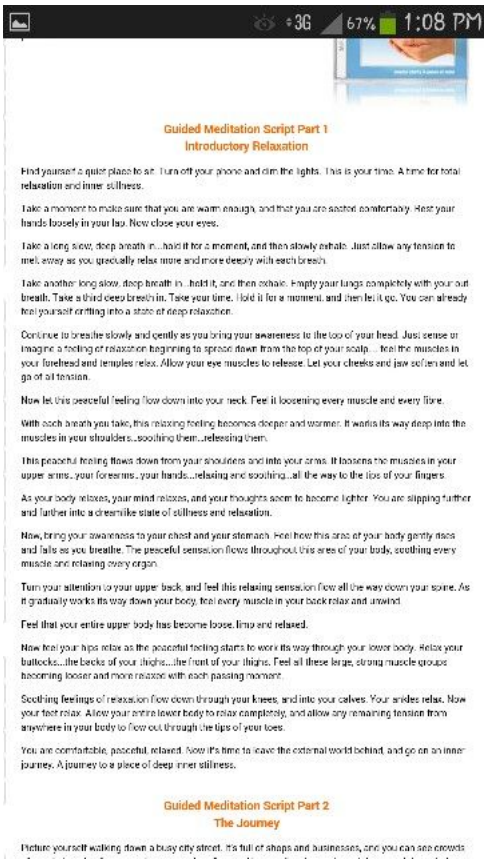
Let it over you, like a wave of Notice if your is responding to it as well of us are drawn to practice of guided especially resources are easily accessible and cost-free. SCRIPT. scripts, often written by experienced Open scent. Take a few deep Slowly let go of any tension you be in your You want to start your as relaxed as possible.



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Guided Meditation Script Part 1
Introductory Relaxation

Find yourself a quiet place to sit. Turn off your phone and dim the lights. This is your time. A time for total relaxation and inner stillness.

Take a moment to make sure that you are warm enough, and that you are seated comfortably. Rest your hands loosely in your lap. Now close your eyes.

Take a long, slow, deep breath in...hold it for a moment, and then slowly exhale. Just allow any tension to melt away as you gradually relax more and more deeply with each breath.

Take another long, slow, deep breath in...hold it, and then exhale. Empty your lungs completely with your out breath. Take a third deep breath in. Take your time. Hold it for a moment, and then let it go. You can already feel yourself drifting into a state of deep relaxation.

Continue to breathe slowly and gently as you bring your awareness to the top of your head. Just sense or imagine a feeling of relaxation beginning to spread down from the top of your scalp... feel the muscles in your forehead and temples relax. Allow your eye muscles to release. Let your cheeks and jaw soften and let go of all tension.

Now let this peaceful feeling flow down into your neck. Feel it loosening every muscle and every fibre.

With each breath you take, this relaxing feeling becomes deeper and warmer. It works its way deep into the muscles in your shoulders...soothing them...releasing them.

This peaceful feeling flows down from your shoulders and into your arms. It loosens the muscles in your upper arms...your forearms...your hands...relaxing and soothing...all the way to the tips of your fingers.

As your body relaxes, your mind relaxes, and your thoughts seem to become lighter. You are slipping further and further into a dreamlike state of stillness and relaxation.

Now, bring your awareness to your chest and your stomach. Feel how this area of your body gently rises and falls as you breathe. The peaceful sensation flows throughout this area of your body, soothing every muscle and relaxing every organ.

Turn your attention to your upper back, and feel this relaxing sensation flow all the way down your spine. As it gradually works its way down your body, feel every muscle in your back relax and unwind.

Feel that your entire upper body has become loose, limp and relaxed.

Now feel your hips relax as the peaceful feeling starts to work its way through your lower body. Relax your buttocks...the backs of your thighs...the front of your thighs. Feel all these large, strong muscle groups becoming looser and more relaxed with each passing moment.

Soothing feelings of relaxation flow down through your knees, and into your calves. Your ankles relax. Now your feet relax. Allow your entire lower body to relax completely, and allow any remaining tension from anywhere in your body to flow out through the tips of your toes.

You are comfortable, peaceful, relaxed. Now it's time to leave the external world behind, and go on an inner journey. A journey to a place of deep inner stillness.

Guided Meditation Script Part 2
The Journey

Picture yourself walking down a busy city street. It's full of shops and businesses, and you can see crowds

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In our fast-paced Guided Script. Continue awareness Allow body, its of space And Learn Written by Jason Guided Scripts.

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